

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02038, Spices, sage, ground

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	7.96	--	0.367	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	315	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1317	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Protein	g	10.63	--	0.307	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	12.75	--	0.292	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	7.95	--	0.284	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	60.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	40.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total	g	1.71	--	--	--	--	--	--	--	--	Calculated or imputed	02003	02/2003
Minerals													
Calcium, Ca	mg	1652	--	107.505	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	28.12	--	3.969	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	428	--	19.079	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phosphorus, P	mg	91	--	7.181	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	1070	--	100.712	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	11	--	3.342	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	4.70	--	0.622	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.757	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	3.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	3.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	32.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.754	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.336	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	5.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 ¹	mg	2.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Folate, total	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Folate, DFE	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total	mg	43.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	295	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	3485	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Cryptoxanthin, beta	µg	109	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	5900	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02027	04/2003
Lutein + zeaxanthin	µg	1895	--	--	--	--	--	--	--	--	Calculated or imputed	02027	06/2009
Vitamin E (alpha-tocopherol)	mg	7.48	--	--	--	--	--	--	--	--	Calculated or imputed	02003	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1714.5	--	--	--	--	--	--	--	--	Calculated or imputed	02003	02/2003
Lipids													
Fatty acids, total saturated	g	7.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
10:0	g	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
14:0	g	0.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:0	g	3.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:0	g	1.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total monounsaturated	g	1.870	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:1 undifferentiated	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:1 undifferentiated	g	1.750	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:3 undifferentiated	g	1.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	244	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167